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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

AUGUST 14, 1978

National Extension Homemaker's Council

President Lauds Young Advisors

"The young homemakers advisors committee is one of the newest factors in the National Extension Homemakers Council" (NEHC) said Donna Agness, president of the 600,000 member non-profit educational organization. "We have four members on the committee--one from each region of the United States. They work with the national officers and make sure the council's programs are timely and interesting."

The young advisors also plan to work on the public awareness of our organization. NEHC is open to everyone--offering opportunities to share national and community concerns. In addition, the council supports 4-H programs in cooperation with the Extension Service, U.S. Department of Agriculture and state land grant colleges.

NEHC is affiliated with the Associated Country Women of the World--an organization of over 8 million women in 74 countries who are equally devoted to improving the standards of family living.

Mrs. Agness, named 1978 "Farm Wife of the Year" by the Indiana County Farm Bureau, shares farm life with her husband, Richard, on their "all tillable" 286 acre spread. She is a city-born girl who married a young farmer who, incidentally, was reared on the farm next to their present home. Their two sons, ages 27, 29, both have agricultural-related college degrees, but, at this point, neither are into farming.

The Homemaker's president most recently returned from NEHC meetings held in England and has also represented the Homemakers at meetings in Australia and Africa within the last three years. "I've had a combination of experiences that I'll forever remember...the opportunity to discuss the multitude of concerns with women around the world--I've met with Homemakers in more than 70 countries," reflected Mrs. Agness. "Political and world concerns that effect our families and homes are the major topics of discussion in the meetings," she concluded.

At home, Mrs. Agness has a mammoth kitchen (larger than 18 x 22) and enjoys cooking, especially baking. Cakes and cookies rank highest, especially the cookies since they have two young grandchildren.

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Donna Agness, President, National Extension Homemakers Council, prepares slides to show of her foreign travels.

FOOD CLIPS

Did you know that ice milk usually contains more sugar than ice cream? One cup of ice milk contains as much calcium as 8 ounces of whole milk according to USDA home economists.

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Sherbet contains about twice as much sugar as ice cream and has 1 to 2 percent milkfat. It's made from milk, fruit or fruit juice, stabilizers and sugar.

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Sweetened condensed milk contains about 40 percent sugar and has about half the water removed.

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Cream ranges in milkfat from 18 percent for table or coffee cream to 40 percent for heavy whipping cream. Cultured sour cream usually has about 18 percent fat.

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Fresh whole milk contains about 87 percent water and 13 percent total solids.

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If you're looking for less calories on your table---substitute chilled (not diluted) evaporated milk in place of table cream. It is about 140 calories per serving.

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In making custard pie you can omit the crumb layer and use skim milk in place of cream and save almost 200 calories per serving.

HOMEMAKER'S COUNCIL (CON'T.)

Having been a member of the Homemakers Council for 33 years now--three years as National President--Mrs. Agness feels it has been a very important part of her life. It has given her a broader concept of the world. One of her greatest desires, she says, is to get more young people involved so that, they too, will learn to understand not only community problems but the big picture of seeing the world from a better vantage point.

ABOUT YOU 'N' ME

Marguerite Hoxie Sullivan, national correspondent for Copley News Service, elected president of Washington Press Club (formerly Women's National Press Club).....Action Line Writers and Broadcasters Conference set in Corning, N.Y., Hilton Inn, Sept. 18-20.....University of Rhode Island publishing a new tabloid called "In Touch," Janet Henderson, editor. It covers the full scope of news....Dr. Albert Walker, Northern Illinois University, wrote an article on "Newsletters: Fastest Rising Print Medium--Now No. 1," for the International Association of Business Communicators. There are approximately 2,000 commercial newsletters sold by subscription.....A new up-dated edition of "Mealtimes Manual for People with Disabilities and the Aging" has been published by the Institute of Rehabilitation Medicine New York University Medical Center and Campbell Soup Company. It includes menu planning and convenience foods and hints for homemakers who use a cane, wheelchair or have a partial loss of vision. Available soon in most libraries.